



Serves: 4

Silky and Spicy Tanghoon Delight

Ingredients

- Soy bean oil 1 tbsp*
- Garlic, minced 10g
- Onions, sliced 80g
- Carrots, sliced into strips 60g
- French beans, sliced into strips 120g
- Fresh pork, minced 240g
- Taukwa, cut into strips 120g*
- Black pepper sauce 3 tbsp*
- Premium oyster sauce 1 tbsp*
- Special dark soya sauce 1 tsp*
- Water 1 cup
- Tanghoon, unsoaked 250g
- Sesame oil 2 tsp*

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Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- In a pre-heated pan, add in oil, stir-fry the garlic and onions until fragrant.
- Add the vegetables and cook for 1 minute, then add pork and tau-kwa and cook for 2 minutes.
- Season with black pepper sauce and other sauces. Add the water to form a flavoured sauce.
- Add tanghoon and allow sauce to be absorbed for 2 minutes.
- Give a final stir and add in sesame oil.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 377kcal

Protein 18.4g

Total fat (g and % of total calories)

8.9g (21.2%)

Saturated fat 1.5g

Cholesterol 29.4mg

Carbohydrate 55.5g

Dietary Fibre 1.2g

Sodium 307mg